Pancakes

Pancakes are a classic breakfast food. Gluten free pancakes can now be found in the frozen food aisle of major grocery stores. Various mixes are also available. My preferred method for making pancakes is on the table top grill. The batter has to be perfect. Too runny, and it will roll right off. Too thick, and it won't cook through. Pancake dough should be less thick than cake, biscuit, or bread dough. It may also be sweeter. More liquid can be added as needed, as well as berries, or other flavorful treats.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Electric mixer, or lightly mix and pour onto the grill, allowing the baking process to complete mixing
Large handled measuring cups and spoons
Large handled mixing spoons

Visual Accommodations:

Easily identifiable labeled ingredients
Long oven mitts
Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

Butter (lactose)
Eggs
Flour (gluten)
Milk (lactose)
Sugar (diabetics)

Meatless Preparation Avoid:

Butter
Eggs
Milk
Substitute with: _____

Utensils:

Measuring cups
2 Mixing bowls
Microwave safe cup
Spoon
Toothpick (round)
Pan: Tabletop grill

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
- **1 teaspoon cornstarch (not necessary if animal based milk used)**
- **1 egg**
- **3/4 cups of milk (lactose free)**
  - **Almond, or**
    - **Soy**
- **1.5 cups pancake mix (gluten free)**
- **2 tablespoons of white sugar**
- **1 tablespoon of vegetable oil**

Preparation time: 10 minutes

Preparation:
1. **Combine in a medium sized mixing bowl:**
   - **1 teaspoon cornstarch (not necessary if animal based milk used)**
   - **1 egg**
   - **3/4 cups of milk (lactose free)**
     - **Almond, or**
       - **Soy**
   - **1.5 cups pancake mix (gluten free)**
   - **2 tablespoons of white sugar**
   - **1 tablespoon of vegetable oil**
2. **Batter should be thin and gooey.**
3. **Spoon 2 small amounts on the grill.**
4. **Flip carefully when bubbles form all the way across the pancake.**
5. **Cook evenly on the second side until lightly brown and done.**

Cook Temperature: 350 degrees. (Varies based on pan choice and elevation for those in the mountains.)

Your temperature here: _____

Cook Time: 5 to 10 minutes

Servings: About 10

Storage Solutions: Square containers
- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources**
- **Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources**

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is warm.**
3. **Minimum 30 seconds.**

Add your microwave time here: _____